

# **Griddle Breakfast Steaks**

**Breakfast on the griddle makes quick and easy cleanup. With the griddle on the kitchen table, food is flipped directly onto the plates as it is done. Pork chops and steaks cooked on the table top grill have a special flavor that encourages the appetite. Easy to cook, easy to clean up, and disposes of most of the grease in an attached drip pan. Fried potatoes can be prepared beside them. Other items such as bacon, eggs, or sliced fruit can be cooked at the same time. Verify they are fully cooked before eating. No need to wash multiple pans.**

## **Pre Cook Preparation:**

**Marinate: No**

- A. Timer set to thaw meat for about 2 hours, or thaw the night before**
- B. Timer set to the time to begin preparation prior to cooking**
- C. Timer set for 1 hour later, when meal should be ready to eat**

## **Meal Adaptations:**

### **Physical Accommodations:**

**Cut meat to bite sized before sitting down**

**Frozen or canned vegetables can be used**

**Long oven mitts and oven rack puller**

**Sit on a stool while stirring**

### **Visual Accommodations:**

**Colored chopping boards**

## **Potential Food Allergy or Intolerance:**

**Pepper**

**Potatoes**

**Pork**

**Spices**

## **Meatless Preparation Avoid:**

**Butter**

**Pork**

**Substitute with: \_\_\_\_\_**

**Utensils:**

Chopping board  
Fork  
Grill safe spatula  
Paring knife  
Pot holders  
Spoon  
Pan: Table top grill

**Ingredients:****Meat:**

Pork chops, or  
Steaks

**Vegetables:**

Fried potatoes

**Other ingredients:**

Dash of salt  
Spices, such as pepper, to taste

**Preparation time:** 10 minutes

**Preparation:**

1. Place chops or steaks on griddle.
2. Stay with the griddle to flip regularly.

**Cook Temperature:** 350 degrees

**Cook Time:** 20 to 30 minutes

**Servings:** 1 chop, or steak, per person

**Storage Solutions:** Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:****Microwave: Time and temp may vary.**

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top: Time and Temp may vary.**

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions: Time and Temp may vary.**

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.